FOOD SAFETY TIPS

This holiday season and throughout the year, follow these 11 tips to reduce your risk of foodborne illness.

- **Suds up for 20 seconds.** Wash hands with soap under warm, running water before and after handling food to fight bacteria.

- **Start with a clean scene.** Wash cutting boards, dishes, countertops and utensils with hot water and soap.

- **Keep foods separate.** Separate raw meat, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.

- **Don’t rinse meat or poultry.** It is not a safety step and can spread germs around your kitchen.

- **Keep your refrigerator at 40°F or below.** Refrigerate leftovers in shallow containers within two hours.
**Read and follow package cooking instructions.**
The instructions may call for a conventional oven, convection oven, toaster oven or microwave, and it’s important to use the proper appliance to ensure even cooking.

**Rinse fresh fruits and veggies**
under running tap water, including those with skins and rinds that are not eaten.

**Place meat and poultry in plastic bag provided at the meat counter,**
and keep it in the plastic bag in your refrigerator at home.

**Never defrost at room temperature.**
Safely defrost food in the refrigerator, in cold water or in the microwave.

**Use a food thermometer.**
Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that causes illness.

**Clean out your fridge.**
No leftovers past 3–4 days.

Learn more about food safety at StoryOfYourDinner.org